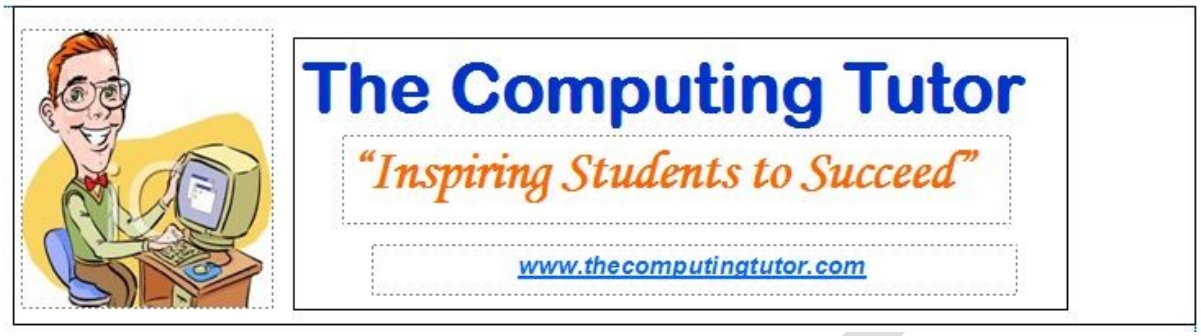

Unit 05 Exemplar – "The BMI Tracker"

This exemplar is for the following Approved Pearson Example Assignment Brief:

The local leisure centre wants to begin a new programme to help people become fitter and healthier by reducing their Body Mass Index (BMI).

You have been asked to design and create a spreadsheet model which can predict the potential impact of changes in exercise and diet, on a person's BMI.

The model should show a person how their BMI would change over a period of at least 10 weeks, based on the activities they do and the foods that they eat.

The model you develop should be designed to be used by people who are not experts in spreadsheets and should include a user interface which allows the user to enter personal data, activity choices, the length of time a person wishes to spend on each activity, and food menu choices.

The model should calculate, for each week, a person's calorie intake, calories burned, weight and BMI.

The following guide shows how the sheet has been put together as well as any functions created.

Please note, only 5 weeks have been included, for brevity. It is expected, that the candidate will be able to create a working sheet with all 10 weeks included.

This is only one possible solution, it is possible to have drop downs and macros that mean only a single weeks sheet could be used, however this presented solution will also fulfil the requirements of the Assignment brief.

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SAMPLE

DataSheet

This is a Hidden sheet containing the following information:

Recipes for breakfast, lunch and dinner with the associated calorie information included.

Recipes for breakfast

Recipe	Calories
yoghurt	200
banana	50
cornflakes	130

Recipes for lunch

Recipe	Calories
chicken salad	540
banana	50
cheese sandwhich	360

Recipes for dinner

Recipe	Calories
spaghetti bolognese	265
fish and chips	1000
chicken salad	540
banana	50

Calorie information was obtained from the following website
https://www.nutracheck.co.uk/CaloriesIn/

It is envisaged that if this were a real world application, the list of foods would be a lot more extensive than this, and you might wish to consider this for your assignment. These foods have been included for demonstration purposes.

SAMPLE

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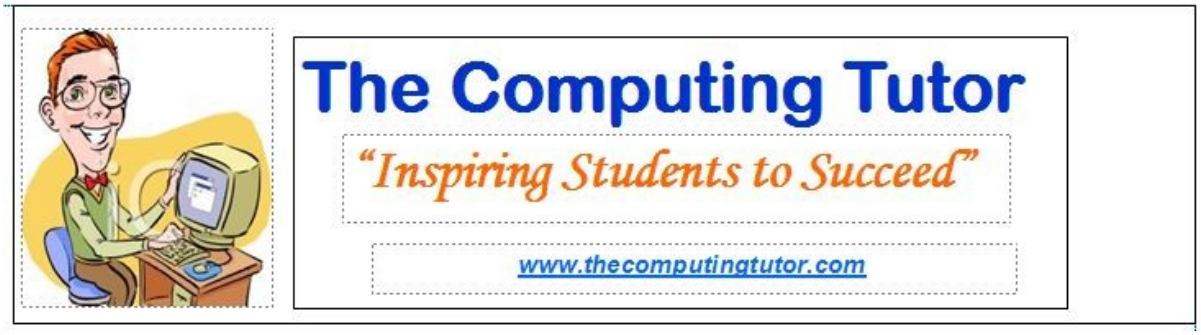

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